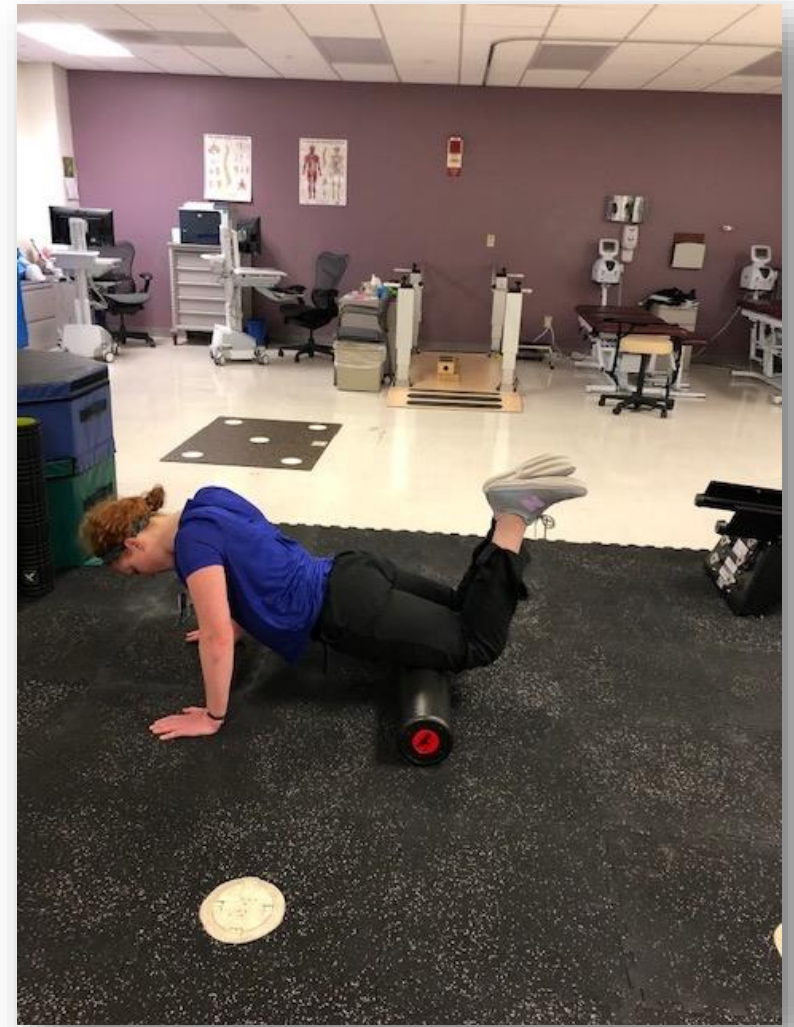


Rectus Femoris

With Foam Roll



Vastus Lateralis

With Foam Roll



Vastus Medialis

With Foam Roll



Quadriceps

With Stick



Hip Flexors

With Foam Roll



With Lacrosse Ball



Hamstrings

With Stick



With Foam Roll



Hamstring Flossing

With Lacrosse Ball



Tensor Fascia Latae, Glut med, & Glut min

With Foam Roll



Calf muscles (gastrocnemius & soleus)

With Foam Roll



With Lacrosse Ball



Calf muscles (gastrocnemius & soleus)

With Stick



Achilles Tendon

With Stick



With Foam Roll



Plantar Fascia

With Lacrosse Ball



Peroneals

With Lacrosse Ball

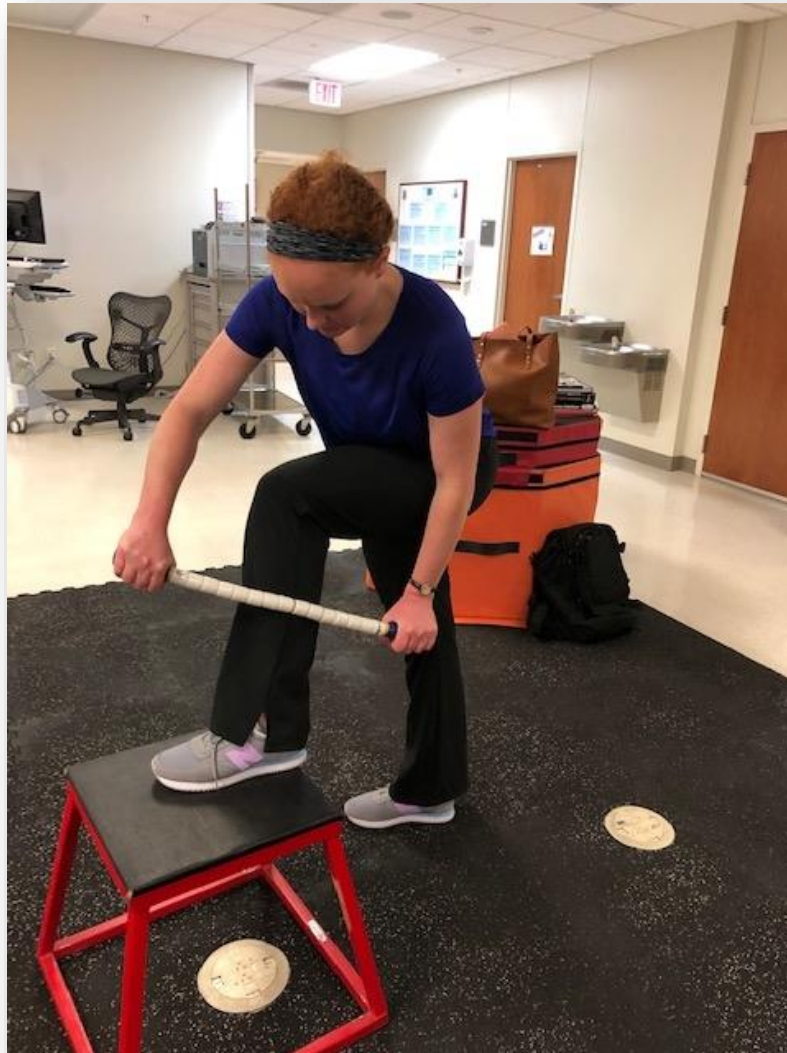


With Foam roller



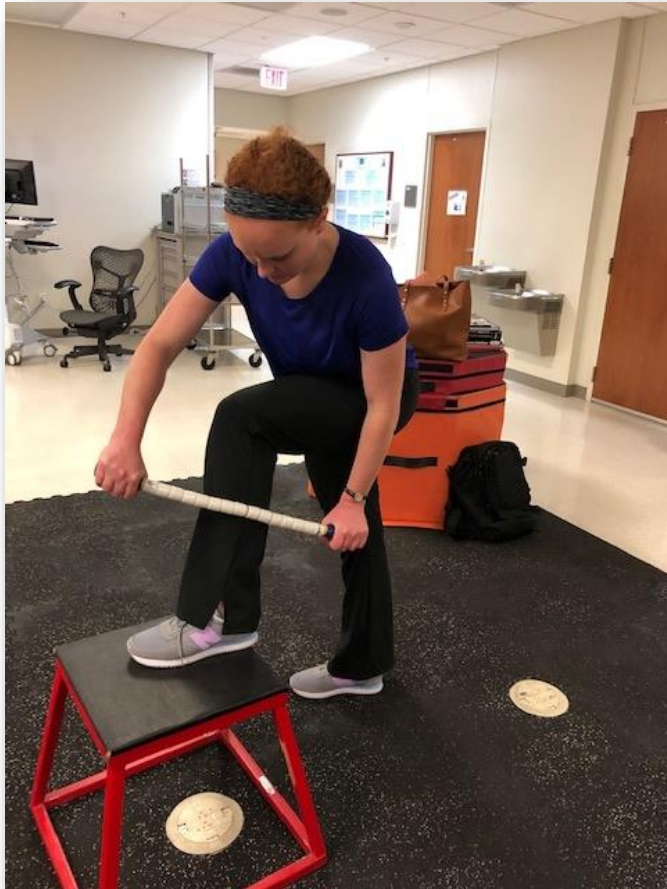
Peroneals

With Stick

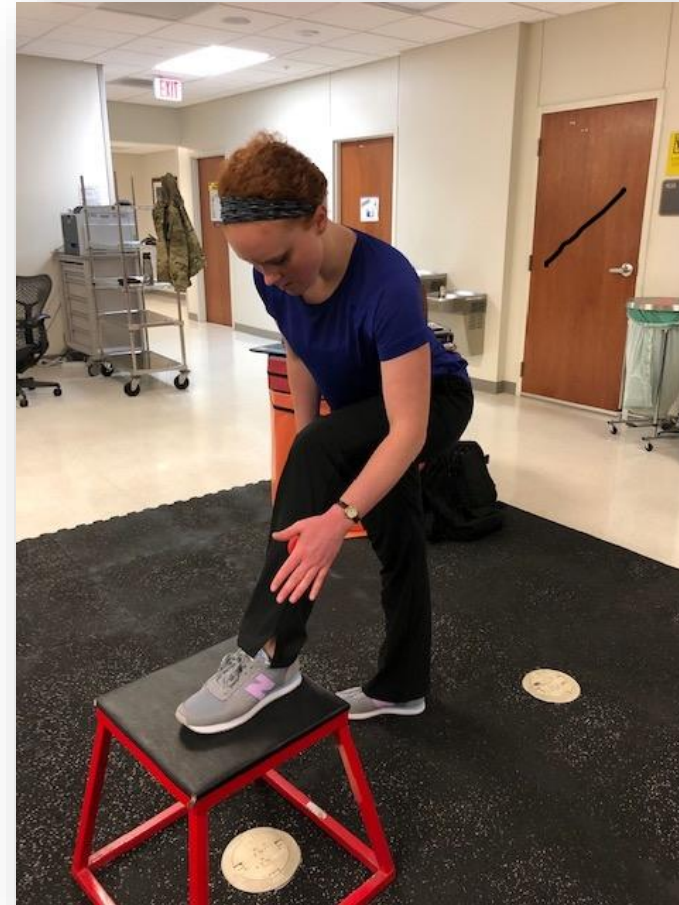


Tibialis Anterior

With Stick



With Lacrosse Ball



IT Band

With Foam Roll



Piriformis

With Foam Roll



With Ball



Thoracic Spine

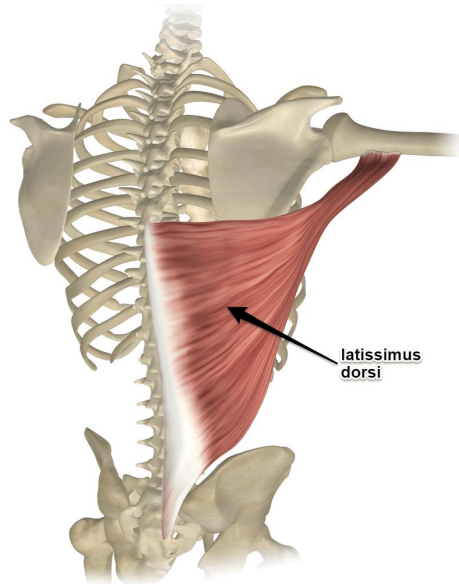
With Foam Roll



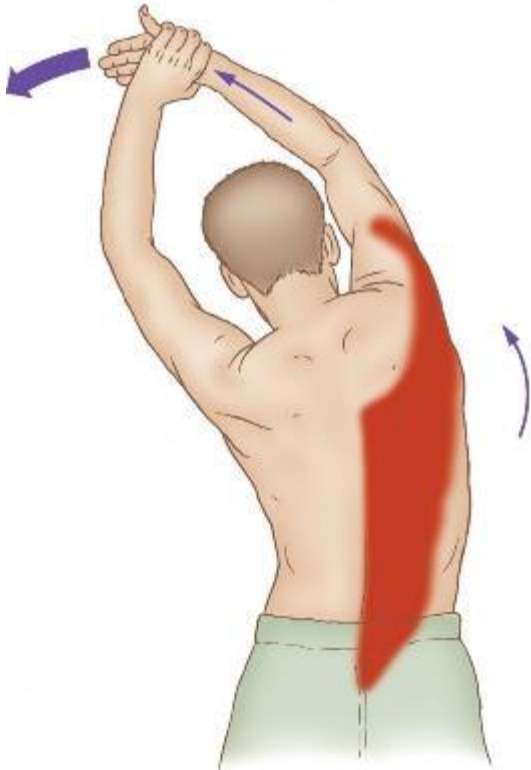
Upper Extremity Soft Tissue Massage

Latissimus Dorsi

- Adducts, extends, and internally rotates upper arm
- Massage can be done with a ball or foam roller

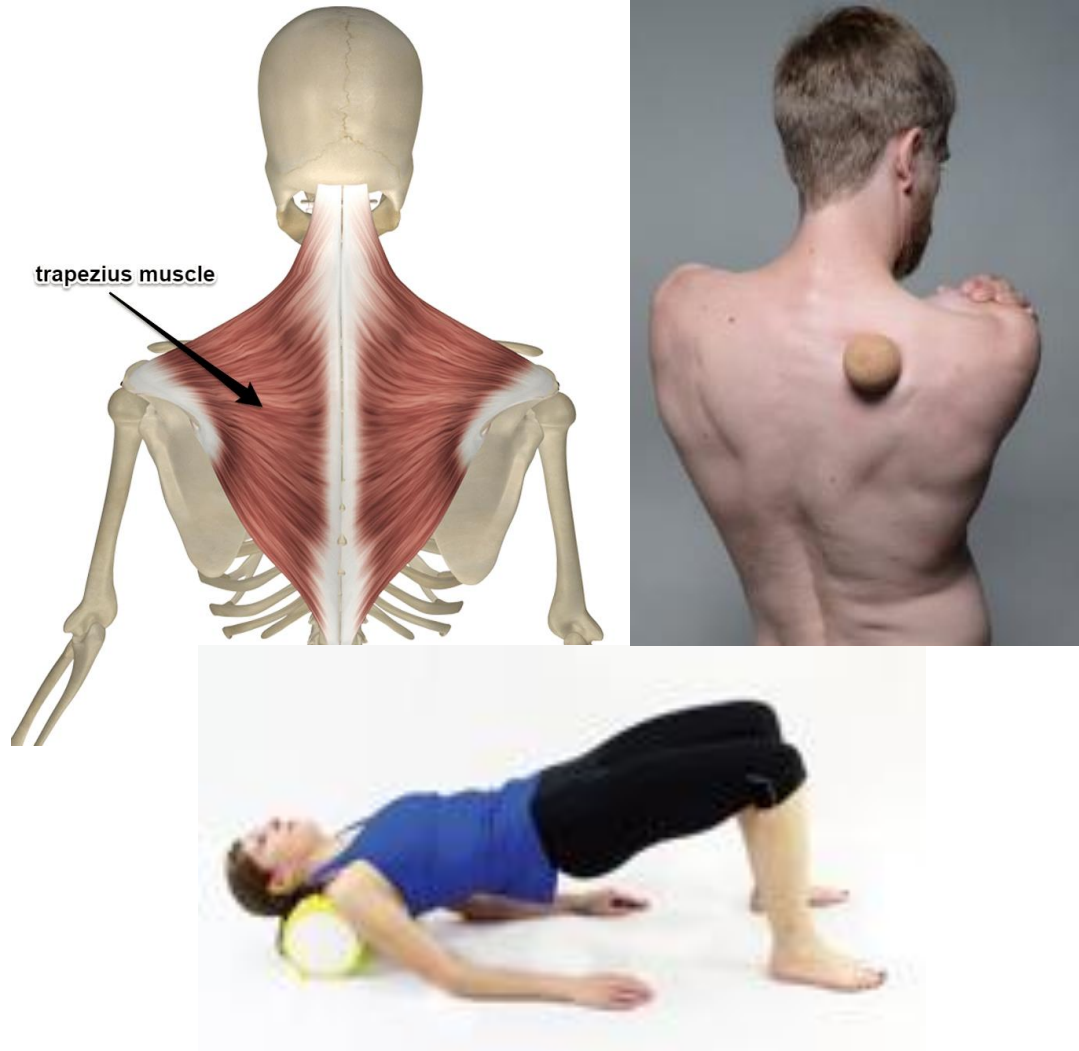


Latissimus Dorsi Stretches



- Stretches can be performed while standing, on your knees, or while using an exercise ball

Trapezius



- Rotates the shoulder blade
- Common place for trigger points
- Massage can be performed with a foam roller or ball
- Massage should be done on the entire muscle from the mid-back to base of the skull

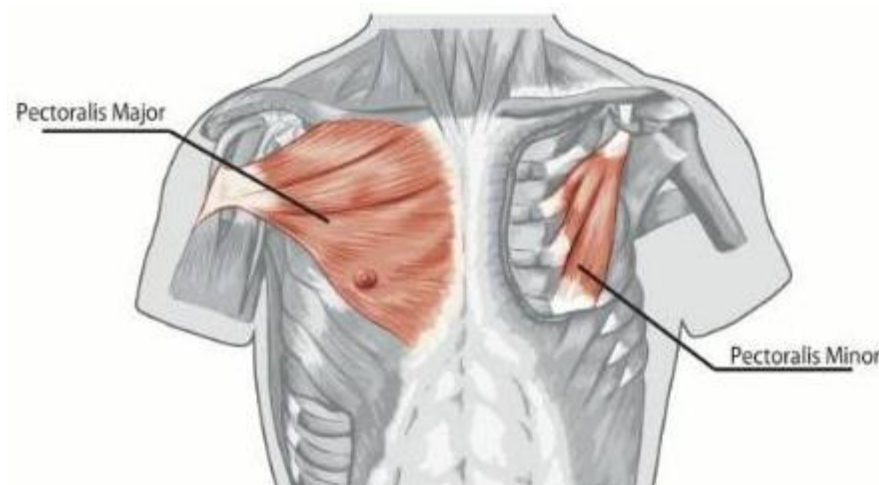
Trapezius Stretches



- Stretch the upper trapezius by bringing your ear to your shoulder
- You can increase the stretch by sitting on your hand or holding onto the bottom of your chair

Pectoralis Major & Minor

- Helps flex, internally rotate, bring the arm close to the body, and cross the body
- Massage can be done with a ball or foam roller



Pectoralis Major & Minor Stretches



- While standing, you can stretch in a doorway or a corner
- While laying on a foam roller, open your arms wide in a "T"

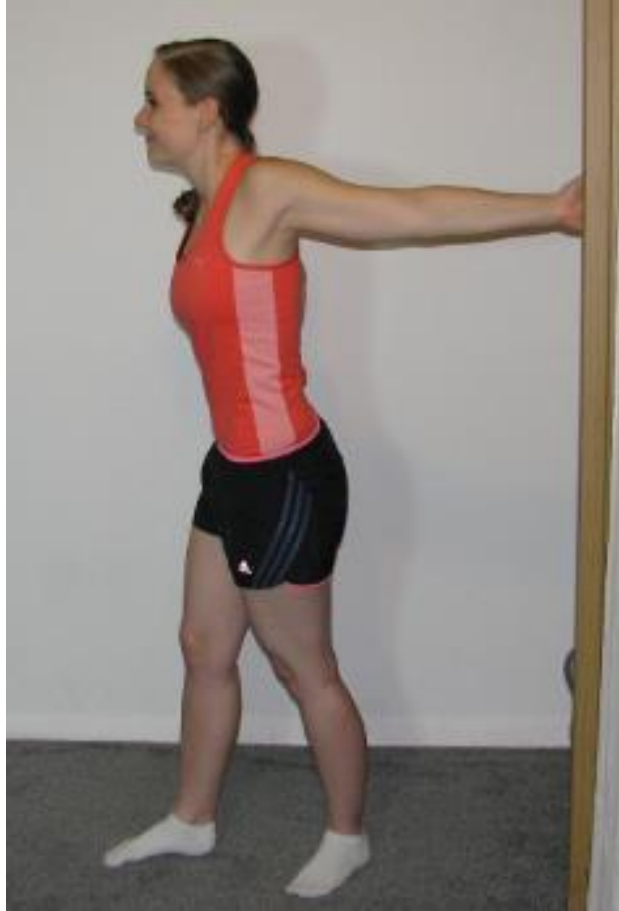
Biceps Brachii



- Bends elbow and turns palm up
- Massage can be performed using a ball or foam roller



Biceps Brachii Stretches



- Stretching can be performed against a wall or doorframe
- It is important to stretch the shoulder and elbow at the same time

Triceps Brachii



- Straightens elbow
- Massage can be performed using a ball or foam roller



Triceps Brachii Stretches

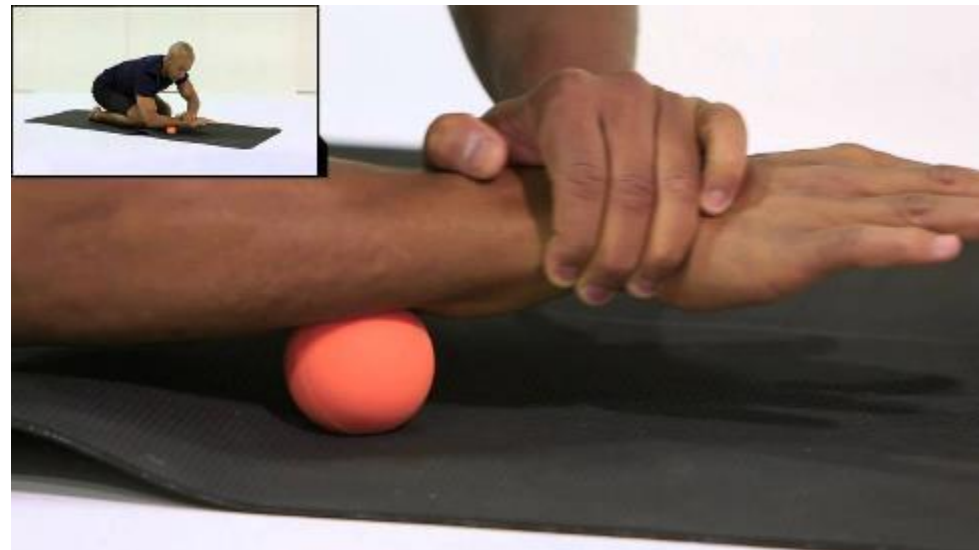
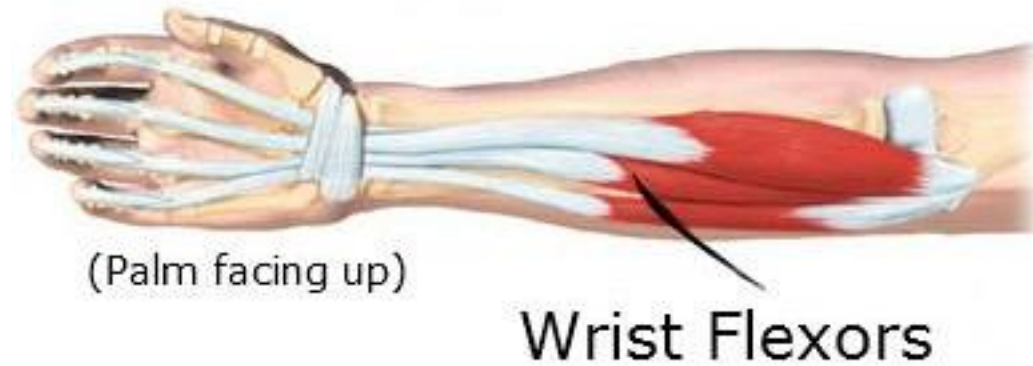


- Stretching can be performed overhead or across the front of your body



Wrist & Finger Flexors

- Bends wrists forward
- Bends fingers into a fist
- Important for gripping
- Massage can be performed on a table
- Use the ball along the length of your forearm from elbow to wrist



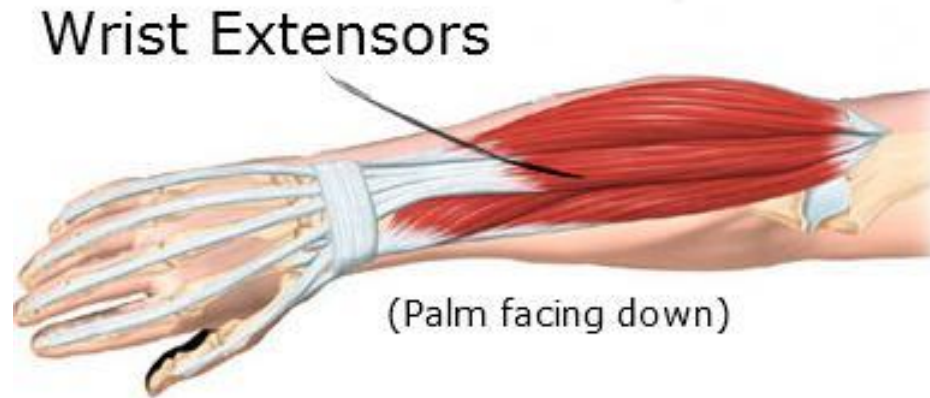
Wrist & Finger Flexors Stretches

- To maximize the stretch:
 - Straighten your elbow
 - Turn your palm up
 - Bend your wrist back
 - Straighten your fingers
- If this is painful, bend your elbow some until the pain stops and you only feel a stretch



Wrist & Finger Extensors

- Extends your wrists and fingers
- Important for gripping activities
- Massage can be performed on a tabletop or against a wall



Wrist & Finger Extensors Stretches

- To maximize the stretch:
 - Straighten your elbow
 - Turn your palm down
 - Bend your wrist forward
 - Curl your fingers into a fist
- If this is painful, bend your elbow some until the pain stops and you only feel a stretch

